

June Program Highlights

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020

www.FrederickCountyMD.gov/aging

"Stepping On" 7-week Workshop

Stepping On is a fall prevention program aimed at teaching participants way to reduce their risk of falls. It focuses on how strength and balance exercises, medication management, home safety, proper footwear, good vision and better mobility are important in preventing falls.

Date: Tuesdays, starting June 21
Sign-up by Wednesday, June 15
Space is limited

Time: 10:00 a.m.-Noon

Cost: Free with a 7-week commitment

Boxed Lunch with Nurse Steve

Bring your friends and enjoy a delicious boxed lunch. Nurse Steve's talk will be "Why is it important that I stay active: A discussion on the importance of being active to remain healthy."

Date: Thursday, June 9
Sign-up by Monday, June 6

Time: Noon

Cost: \$4.68 (Regular meal cost)

Mobile Information & Assistance

Staff from the Department of Aging/Maryland Access Point will provide information and complete applications for Tax Credits, Energy Assistance, and Medicare Subsidies.

Date: Thursday, June 9
Appointments are encouraged

Time: 10:00 a.m. **Cost:** Free

Artful Creations

Create unique and fun art work! This month we will be making vases/candle lanterns.

Date: Wednesday, June 8
Sign-up by Thursday, June 2

Time: 1:00 p.m. **Cost:** Donation

Teens Teach Tech

Do you have tech questions? Drop in to learn some technology literacy skills from tech savvy teens. Topics covered may include tablets, smart phones and laptops. This is a joint program with the Urbana Regional Library.

Date: Thursday, June 30

Time: 10:30 a.m.

Cost: Free

The Inside Scoop: Education & Ice Cream Progressive Podiatry

Have questions about foot care including heel pain, bunions, fungal nails and bone spurs? Julie Jurd-Sadler, D.P.M. from Progressive Podiatry will be giving the presentation.

Date: Tuesday, June 21

Time: 6:00 p.m. **Cost:** Free

Supper Club

Join us for dinner at a local restaurant the first Tuesday of each month. Sign-up is required since we will be making reservations.

Date: Tuesday, June 7

Time: 5:30 p.m. **Cost:** Separate checks

Restaurant: Buttersburg Inn (Union Bridge)

Day Trips July-September

Registration begins Tuesday, June 14

July 15: Cantler's Riverside Inn

July 22 : National Capital Trolley Museum

August 19: Roundtop Mountain Adventures

August 26: Barn Quilt Trail

September 9: Hotel Hershey & Gardens

September 28: Sister Act at Toby's Theatre

(see other side for calendar of activities)